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今日北京

# BEIJING TODAY

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## THE GAME OF DOLLS

BALD, SMILING DOLLS STAND IN FOR THE FEELINGS AND THOUGHTS  
OF ARTIST LÜ GUAN'GANG. HIS UNUSUAL ARTISTIC LANGUAGE  
STRIPS AWAY EXPRESSIONS TO CONNECT WITH VIEWERS. **P.4**



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BEIJING YOUTH DAILY

Beijing Youth Daily Group President: Zhang Yanping  
Editor-in-Chief: Yu Haibo ■ Director: Li Xiaobing  
Address: Building A, 23 Baijiazhuang Dong Li,  
Chaoyang District, Beijing, China 100026



Editor-in-Chief: Jack Wang ■ Content Director: Su Derui ■ Designer: Pan Fan ■ Phone: (010) 6590 2515 ■ FAX: (010) 6590 2525  
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# ENTERTAINMENT



Photos by CFP & douban.com

## Chinese Celebrities' Knowledge Comes Up Short

BY DIAO DIAO

September 18 was the birthday of Liu Tingting, the third-prize winner of the 58th Miss World competition China Pageant. Liu decided to celebrate the day by posting a picture of her latest calligraphy on Sina Weibo.

It didn't take long for netizens to catch and expose her plagiarism, with the original artist chiming in to share his evidence.

More amusingly, the sentence that Liu "wrote" had a totally contrary meaning from what she imagined.

The phrase, "Jin yi tingting rugai yi," sounds like it is describing a young girl who has grown into a beautiful woman. But the phrase was actually lifted from the work of a famous classical writer who used it to describe a tree he planted to commemorate his wife's death.

While many Chinese celebrities such

as singer Li Jian and director and actress Xu Jinglei attended higher education, it has not helped them to avoid making seemingly ignorant faux pas on social media.

In addition to missing the origins of a famous proverb, pop singer Jolin Tsai also confused the Three Kingdoms of Chinese history – Wei, Shu and Wu – with Liu Bei and his sworn brothers Zhang Fei and Guan Yu.

Li Xiang was the popular host of an entertainment program until she pronounced *jishou* as *lashou*, unable to differentiate the characters. She also unknowingly wore a dress with vulgar words on it.

Singer Sun Nan was invited to sing the theme for a TV series, but he couldn't grasp the difference between Wuzhishan and Huaguoshan and believed they were the same thing, cost-

ing him the opportunity.

Superstar Fan Bingbing said in her new film advertisement that if she were born during the war with Japan, she would have become another Liu Hulan and fought for the country. Unfortunately, Liu Hulan's role was in the Chinese Civil War.

Jane Zhang was invited to be a presenter at the Hong Kong Film Awards but tripped up when announcing the winners, as she was unable to read the traditional version of "guo," the character for country.

Ge Tian, Liu Xiang's ex-wife who found fame with her crotch grenade scene in an anti-Japanese TV series, made front pages again when she referred to a "Gui Tu" in a TV program. The audience asked her whether she meant Run Tu, a famous figure from one of Lu Xun's sto-

ries that is required reading in all Chinese middle schools.

Actor Deng Chao failed miserably when asked to write "ba," a slightly complicated but very common character. He eventually gave up and wrote it in pinyin.

A few celebrities have gone beyond education errors to tap into blinding, unforgivable ignorance. When the nation was grieving over the fatal earthquake in Wenchuan, Sichuan province on May 12, 2008, singer Wei Chen decided to wear a red sweater in Tibet and pose shoot a few photos in the victory pose.

While it's true that many celebrities sacrifice elements of their basic education to be better at singing or acting, one has to wonder whether it's appropriate for a Chinese person to lack even the most basic knowledge of his or her country's culture. ■

## On the Art of Writing

BY DIAO DIAO

When a musical interpretation of the poem "Congqianman" appeared on *Sing My Song*, the public found a new interest in its author, Mu Xin, a famous modern literary master.

Born as Sun Pu in 1927 in Zhejiang province, Mu moved to New York in 1982. He read books, painted and wrote poems. He is best known as the teacher of Chen Danqing, Cao Liwei and other contemporary Chinese artists.

Mu spent most of the Cultural Revolution in prison but never stopped his pursuit of literature. He drew keyboards and played Mozart in his head.

Chen said Mu was crazy about lit-

erature. In the late 1950s, Mu studied stream of consciousness writing in secret. In the 1960s, before the Cultural Revolution, he spent many nights talking about Yeats, Thomas Stearns Eliot and Spengler. Even while imprisoned he never stopped writing.

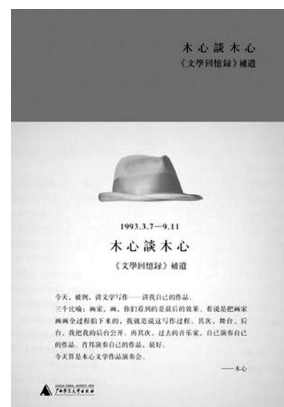
It took a lot of persuasion to get Mu to stop discussing world literature and start discussing his own work. When he agreed, Mu held nine classes where he spent half the class on modern literature and the other half on one of his articles chosen by a student.

Chen Danqing had five notebooks that recorded his experiences with Mu

and his works. In 2013, two years after Mu Xin passed away, Chen published *Literary Memories* based on those class notes. In August, he published *Mu Xin Talks About Mu Xin*, a second volume based on his notes and some additional content. Many readers didn't understand why Chen Danqing published a second book while the first one made a clear analysis of Mu and his works. Some commenters said Chen overestimated Mu's literary value.

Artists and writers said the first book represents Mu's instructions on reading and the second his lessons on writing.

Many readers said Mu's words are



beautiful and soft. As in "Congqianman," his description of a young child's innocent talk, the vendors who sell soy milk by the train station, the mail horse and an old and beautiful lock attract readers while leaving fine details to the imagination. ■



# MUSIC

## Poshangcun Harnesses the Spirit of 1985

BY DIAO DIAO



In a scene of starving artists, it's rare to see a band that has enjoyed the meteoric rise of Poshangcun.

Founded in 2010, Poshangcun cut its first album *Melting Ice-Cream in the Summer Zoo* at the end of 2012. That first release was named one of the season's Top 10 albums at the Chinese Music Media Awards and earned Poshangcun a nomination for Best New Folk at the Top Chinese Music, Jin Rong Tree Awards and Douban Abbey Road Awards.

In 2014, the band released *Teacher Sun and Disappointment in Love*, a release that brought them the chance to record music for the film *Young Friend Forever* and cartoon *Qi Jiguang*. This year they participated in the *Sing My Song* TV content and won Best Musician.

The band attributes its success to a diverse educational background.

Vocalist Sun Xiao graduated from University of International Relations with a degree in French, and guitarist Yu Hao studied at the University of Science & Technology. Bassist Li Zhuo graduated from Beijing International Studies University,

and keyboard player Sun Yue studied recording at Capital Normal University. Drummer Lü Pin was a director of stage management before joining the band.

But in spite of its recognition, Poshangcun does not appear to be living the dream, so to speak. Its members maintain day jobs to support their music.

Sun Xiao founded the band while still in school in 2010. Today he works as a copywriter.

The guitarist Yu works as a recorder. A late arrival to his instrument, Yu's general love of music began at the age of four with a bootleg VCD of a Yanni's concert in Athens. But it was little more than a casual interest until Yu met Poshangcun.

Li Zhuo and Sun Yue, the bassist and keyboard player, were former producers who decided to join the band after helping to finish its first album. Lü Pin studied saxophone in primary school and was a member of several other bands before he met Poshangcun through his friends.

Sun Xiao describes the heart of

the band as the spirit of 1985. People born in the mid-1980s are reputed to be young, energetic, aggressive, true and fresh - more dedicated than their '90s cohorts.

That dedication occasionally manifests itself as interests outside the band.

"When our last drummer before Lü Pin left us, he took the band's style and feeling with him," Li said. "Luckily we had Lü, and it didn't take long for the members to adapt to one another."

Other life experiences have helped the members to focus and mature. Sun Xiao gave up a well-paid opportunity to work overseas, and Yu Hao seldom has vacation time and usually gets home after midnight.

"The only holiday I get is when the studio loses power," Yu said.

As a band, Poshangcun expects more hardship ahead.

"Beijing has the unusual problem of having more bands than it has listeners. It's difficult to stand out. And the biggest problem is the future of the band, which depends on the development of our musical style," Sun said. ■

## LIVE SHOW ROUNDUP

Beijing boasts one of the world's most vibrant indie music scenes. Support our local artists with a trip to one of this week's live performances!

### Beijing Memories @ MAO Live

For many Beijingers, the capital was a city of pigeon racing, men carrying around birdcages and old people chatting on the street. The modern city, with its glitzy buildings and international elements, is something else entirely. To celebrate what the city once was, local bands such as Jiaojin, Yongdongji, Xiyou Band, Zhen-guangqi and Chiren are meeting up to share their own musical memories.

October 11, 8-11:30 pm

111 Gulou Dong Dajie, Dongcheng

80 yuan (pre sale), 100 yuan (at door)

### Rock Night @ Yugong Yishan

To celebrate the 10th anniversary of King-Kong Productions, bands are meeting at Yugong Yishan for a one-night rock bash. Performers include Owat, Drunkard, Mega Soul, Painted Skin, The Uncrowned, Forced Pose, Army of Jade Kirin, Scar Constitution and Liquid Oxygen Can. Only 300 tickets are available.

October 10, 8:30-11 pm

3-2 Zhangzizhong Lu, Dongcheng

80 yuan (pre sale), 100 yuan (at door)

### Mo Xiaopi @ Hot Cat Club

Mo Xiaopi is a new singer-songwriter who founded her own music label, Moshi Xiaodiao, in 2009. She released her first EP, *This Mushroom is Not Art*, in 2010 and second EP, *Just Right*, in 2012. Mo also directed her own music video using what she learned during a university degree in television and film production.

October 10, 9:30-11:30 pm

46 Fangjia Hutong, Dongcheng

50 yuan (pre sale), 60 yuan (at door)



### Matt Hires @ MAO Live

Matt Hires is a singer-songwriter from Florida and a former salesman with a music dream. He found fame when he sang "Out of the Dark," the theme song from Season 6 of *Grey's Anatomy*. Hires founded his first band, Brer, and released the album *Microwavable*, which won him a recording contract and the chance to make his dreams come true.

October 10, 8:30-10:30 pm

111 Gulou Dong Dajie, Dongcheng

60 yuan (pre sale)



Photos by Poshangcun





# ARTISTS



Amusement Park in the Sky

## A Game of Dolls

BY SHU PENGQIAN



Walking Silently



Breeze

It's a common artistic practice to use an object as the creator's avatar within the work. In Lü Guan'gang's paintings, his feelings and thoughts stand on the shoulders of a bareheaded doll.

His solo exhibition *The Game of Doll* is being held at Chen Gallery in Beijing.

"I give these dolls life in my paintings and let them express every confused thought or emotion I have in daily life," Lü says.

Dolls in Lü's paintings are bald and smiling. In fact, a smile is their only expression.

Lü said that if the dolls had more complex expressions and adornments, it could be harder for the viewers to connect with them and project themselves into the picture.

"I design the dolls plain, with no hair and big empty eyes. It's a neutral human template that can be used by anyone," he says.

Although they are the same in appearance, the dolls are engaged in very different actions.

In *Beautiful Sounds*, several dolls sing in chorus; in *Face Sunshine*, a doll holding a yellow umbrella stands in a palm and stares dimly into the distance; in *Direction*, a group of green-clothed dolls march forward under the lead of a flag-bearing first doll.

At first sight, the dolls appear to be per-

forming on stages that resemble a hand, a thread or the sky. Those elements each have an implicit meaning.

High-wire walks signify danger. The physical settings exposes Lü's own fears – that pursuing a career in painting will bring harm to his family.



The Artist Lü Guan'gang

Lü's family was never rich, and Lü's artistic pursuits put them into an even worse financial situation. While he hesitated about whether or not to pursue art, the canvas became his sole emotional outlet.

Among all his paintings, *A Lonely Walking* is Lü's favorite.

"It is my self-portrait," he says.

This painting depicts a doll that is walking on the edge of a washbasin that is propped up by a faceless figure. The doll beams with smiles even as it walks on the edge of danger.

Everything in *A Lonely Walking* contains a deeper meaning, Lü says.

"The doll walking in a round basin is a metaphor for 'going round and round.' The sea of clouds stands for things that are full of beauty and danger. Although there is a big hand protecting the doll, it cannot guarantee its safety during this dangerous performance," he says.

To tie together his recurring objects of

threads, hands, seas of clouds, guns and bald doll, Lü created *Amusement Park in the Sky*, a sprawling painting combining all his creative elements.

To some extent, Lü's artistic catalog reads like a diary, recording the path of his life. Because his creative process is tied to his life, his style and topics are unlikely to change in the near term, Lü says.

"No artist has had a direct influence on my present works," he says.

Technique is one area that viewers from any cultural background consider when looking at a picture – finding viewers who focused more on the painter's implied feeling is more difficult.

"I hope viewers can appreciate my work not merely from my technique, but on a spiritual level," Lü said. "I hope they can realize the feeling I put into my paintings." ■



Blue Regression Line

Chen Gallery  
 October 1 to 14  
 Qixing Zhong Jie, 798 Art Zone, Beijing  
 artand.cn/lgg1970  
 吕贯刚



# A TRAVEL



Photo by Visionunion.com



Photo by CFP



Photo by ideamsg.com



Photo by jschina.com.cn

## Nanjing Rejuvenated Through Art, Architecture and Youth

BY SIMINA MISTREANU

Last month, China celebrated the 70th anniversary of its World War II victory against Japan. The most infamous atrocity committed during that war on China's territory was Japan's massacre of Nanjing.

After seizing Shanghai in 1937, the Japanese Army went on a six-week rampage, killing and raping an estimated 300,000 civilians. The event remains a painful memory for the Chinese people and contributes to ongoing tense relations with their eastern neighbor.

In recent years, several books and movies about the massacre have come out, including the bestselling book *The Rape of Nanjing*, by Iris Chang, and the movie *Nanjing Heroes*, directed by Zhang Yimou.

But while the country has a hard time moving beyond Nanjing's difficult history, the city is reinventing itself as a hub for architecture, art and youth. Its renewal is spurred by a combination of young entrepreneurs, large numbers of university students and government-led revitalization efforts.

### Architecture

Perhaps no building is more revealing of the city's rejuvenation than Zifeng Tower, a 450-meter skyscraper that's home to stores, offices, restaurants, an Intercontinental hotel and a public observatory. Its construction concluded in 2010, and today it stands as China's fourth tallest building and the world's 12th tallest.

Another ambitious project is the Chinese International Practical Exhibition of Architecture, a \$250 million permanent exhibition of architecture realized by 24 architects, of which 11 are from China and 13 are from abroad.

The park is located about 20 kilometers outside the city and includes a contemporary architecture museum, an international conference center, a hotel



Photo by CFP



Photo by Chinadaily.com.cn

and a recreation center, as well as 20 villas. Designers include American architect Steven Holl, British architect David Adjaye and Chinese artist Ai Weiwei. The project began in 2003 but encountered several years of delays.

The park will help put Nanjing on the art world map, according to Zhu Tong, director of the Nanjing Sifang Art Museum, which is part of the complex.

"Many people think the contemporary art centers are in Bei-

jing and Shanghai," Zhu told *The New York Times*, "but we want to show the world that Nanjing will be the best in the country for contemporary art."

### Art

The city is indeed taking steps toward becoming an international hub for art. In October 2010, it hosted its first biennale at the Jiangsu Provincial Art Museum, which reopened in a new building that same year.

Several artists returned to Nanjing in recent years after living abroad. Qian

Dajing returned to his hometown after spending 20 years in New York because he believed Nanjing was ready for his public art installations. Qian told *The Times* that he wanted to use what he learned in the West to create "something real" in his hometown.

Artist Yang Yong-chun, on the other hand, wanted to create something big.

The Nanjing-based artist made the world's largest 3D painting to celebrate the 2014 Youth Olympic Games, which the city hosted. The painting, called "The Rhythm of Youth," stretches 374 meters and took 20 artists working 20 days to complete.

Scenes in the painting include a snowy mountain, a yellow rapeseed flowerbed in Jiangnan and some of Nanjing's modern buildings, including Zifeng Tower.

### Youth

Nanjing is home to several major universities, and the large number of students give it a college-town feel. Youth hang out at bars such as New Castle Bar, which hosts live performances of indie rock music; 61House, a former bomb shelter that was converted into a hip bar in the university district; and Ellen's, a dive bar with cheap burgers and European rap music.

Several interesting bookstores resulted from college life bleeding into city life. The Chinese bookstore chain Popular Book-mall opened a streetside shop in Nanjing's Gulou District that operates under the honor system. Passers-by who want to buy books are asked to drop the money into a lock box. Prices are set at 30 percent of the cover price.

Librairie Avant-Garde, a bookshop in an underground parking lot, is a popular attraction both for college students and for tourists. In 2013, CNN named it China's most beautiful bookshop. The store has retained some of its original design, including two yellow traffic stripes. It has added simple bookshelves and lighting, along with a large cross on one of the walls.

The bookshop aims to be a humanities store as well as a religious store, manager Zhang Xing told CNN.

"Here... reading is our religion, and this place is a heaven for book lovers," he said.

Bookshops reflect a city's well-being, said Librairie Avant-Garde owner Qian Xiaohua. And by that measure, Nanjing is doing well. ■



## Sentences

BY DIAO DIAO

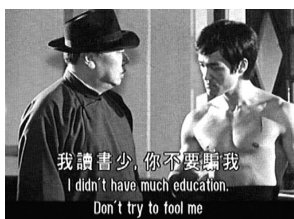
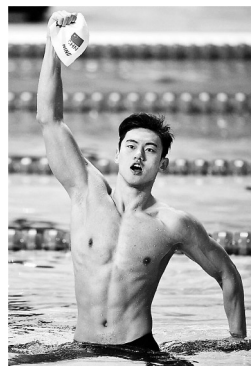


### Xià Sǐ Bǎo Bǎo Lē (吓死宝宝了)

The sentence means someone was shocked and almost died. Xià Sǐ means “shock to death,” and Bǎo Bǎo means small baby. Lē means already. People say Bǎo Bǎo to refer to themselves, and they want to say that they are like fragile babies that need care and love. People who use this expression want to be sarcastic about something they’ve heard or seen.

### Míng Míng Kě Yǐ Kào Liǎn Chī Fàn, Qùe Piān Piān Yào Kào Cái Huá (明明可以靠脸吃饭, 却偏偏要靠才华)

The sentence is used to express jealousy of people who possess both beautiful faces and bodies, and have talent and professional skills. Míng Míng Kě Yǐ Kào Liǎn Chī Fàn means “they definitely can live on their beautiful face,” and Qùe Piān Piān Yào Kào Cái Huá means, “but they choose to live on their talent.” People also use the sentence to describe themselves when they want to show off both their beauty and talent. But some just use this expression ironically.



### Wǒ Dú Shū Shǎo, Nǐ Bú Yào Piàn Wǒ (我读书少, 你不要骗我)

This sentence means: “I didn’t read many books. Please don’t lie to me.” People say this when they’ve heard something strange or new. It’s an ironic way to say: “I’m not educated, and I know little about the world. I’m innocent.” ■



### WEEKLY TANGO



TAN/wo

Tango studies at Tsinghua University’s Academy of Art and Design. For more comics, follow his Sina Weibo feed at [tangocartoon](#).

## Ask Beijing Today

“Ask Beijing Today” is our weekly column that attempts to make life in China less confusing. You can email your own questions to [ask@beijingtoday.com.cn](mailto:ask@beijingtoday.com.cn).

**Q. What are some good places to study in the city? I’m not a student, so I don’t have access to university libraries that ask for a student ID. Is it possible to find a seat at a public library?**

A. If you need to use the Internet when

you study, then your options are limited to places that have wifi. Coffee shops can be a good choice, on the condition that you buy at least one drink in advance. Other places free of charge are public libraries. At Beijing National Library you will probably not be able to find a vacant seat or a desk in the main building, but there are almost always plenty of available seats in the Foreign Books building. Foreigners are not allowed to check out books at the National Library, but they can read as many as they like.

**Q. I am an avid minimalist shoe runner, and my wife is also looking for shoes with a wide toe box. Vivo Barefoot shoes are perfect for us both. Do you know where I can buy some locally?**

A. We’ve never tried Vivo Barefoot shoes, but luckily we’ve found its official website in China: [www.vivobarefoot.com/cn](http://www.vivobarefoot.com/cn). There are many different types of shoes. We are sure you can find the ones that suit you best. It also accepts online orders.

**Q. Is it possible for foreign students to work in China?**

A. An X-1 visa, or long-term student visa, allows you to have an internship provided by the school you are enrolled in and related to your field of study. As long as you get permission from your university and have the appropriate paperwork, internships should not be a problem. But these things change quickly, so ask your university to make sure you are doing things right. ■

## THE BEIJING TODAY HUMOR

**Q. Is it normal that neither of my classmates uses social media?**

A. They probably just don’t want to tell you their account info.



**Q. Should I ask my wife what she spent on her new clothes?**

A. It depends on your wife. If she doesn’t mention it, then don’t ask because she definitely spent too much. If she hints at the price, then go for it and name a number three times higher than what you actually think it cost.



**Q. I’ve seen a lot of people getting the character “ren” (忍) on their wrists. Why is this becoming a trend?**

A. There’s a lot of people who want to warn the world that they suck at controlling their emotions.



(Context: The character 忍 normally means able to endure or even-tempered, and tattooing is seen as impulsive.)

**Q. Why did my boss shoot down my app development plan?**

A. Your “entertainment” app idea isn’t very entertaining.



**Q. Is there any axiom that has proven true in your life?**

A. Yes: “Face is everything.”

**Q. I have a crush on more than one girl. Is it silly to confess to them one by one?**

A. How else would you do it? Get them all in the same room and confess to every-

one at once?

**Q. What’s the most impressive “acknowledgement” you’ve seen someone include in their thesis?**

A. “I want to thank my girlfriend, who has never shown up during my 22 years of life, for giving me the space to dedicate

myself to these academic pursuits.”

**Q. What will happen if I move a polar bear from the Arctic Pole to the Antarctic Pole?**

A. He’ll be homesick.

**Q. I heard your peers are gradually get-**

ting married and having children. What effect has this had on you?

A. The hongbao are destroying my financial health.

**Q. When will a girl ignore a boy?**

A. Anytime.

(Questions selected from Zhihu)

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# Q CLASSIFIEDS

## ART

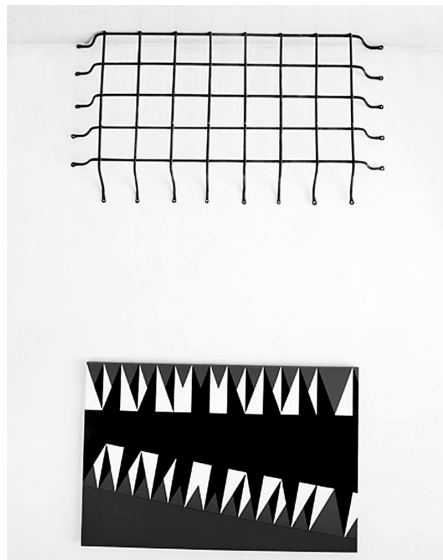


### Three-Day Photo Workshop (Beginner)

This workshop begins by teaching the basic theories behind different camera functions, modes and settings. On the second day, participants will head outdoors for some hands-on practice with the capital's fantastic autumn scenery. On the last day, students will return to the classroom to edit their photos.

Participants will need their own DSLR camera, its instruction manual, a USB adapter, a laptop and a flash storage device. Make sure to bring a fully charged battery!

⌚ 9:30 am - noon, October 12 - 14  
 ↗ Atelier, Room 202, Building C, Jinxiu Yuan, Xingfucun Zhong Lu, Chaoyang  
 ☎ (010) 6416 1614



### Bits and Bobs

Tingwei Li says painting is a visual way of thinking. Through systematization and logic, paintings use shapes as their main subjects. These shapes, though practically identical, reveal subtle differences, especially in terms of the relations formed between surfaces resulting from the interaction of angles and line work.

In his works, Li makes frequent use of the Taoist theory. His work contemplates questions of center, equilibrium, cyclical, spontaneous generation, guidance, simplicity, abstention, belonging, modesty and return.

Zifeng Li asks, "What is a rainbow?" A ready-made object consisting of a few pieces of candy, a few pieces of string and a few scattered memories that reclines playfully after a rain spell.

⌚ 10 am - 6 pm, multiple dates  
 ↗ Egg Gallery, 327 Caochangdi, Cuigezhuang

## COMMUNITY



### Childbirth Workshop (Eng)

⌚ 09:00-14:00, Saturday, October 17, 2015 (break at 11:30 for light lunch)  
 OASIS International Hospital, Conference Room 108

#### What's on?

Caring for Your Newborn  
 Standard of Care  
 Routine Well-baby Care  
 Benefits of Breastfeeding  
 Breastfeeding Positions Practice & Videos

Delivery Options  
 Signs & Stages of Labor  
 Postpartum Care  
 Medication & Non-medicated Pain Management  
 Breathing & Positions Practice for Labor

#### Instructors



Dr. Jayne Ziemann  
 Chief of Pediatrics



Dr. Juliette Kim  
 OB/GYN

Email dawnrosensteel@oasishealth.cn to register now (required)



### Childbirth Workshop @ OASIS

Having a baby is one of the most wonderful experiences in life, but at same time it can be quite overwhelming. OASIS International Hospital aims to make birth the best it can be by providing women with the knowledge and confidence to make informed decisions.

At the OASIS Childbirth Workshop, all discussions are led by a team of professionals from the OB/GYN and Pediatric departments. Their aim is to prepare parents for labor and birth as well as the first weeks with one's newborn baby.

Topics include delivery, signs and stages of labor, breathing and positions, pain management, postpartum care, newborn care and breastfeeding and its benefits.

⌚ 9 am - 2 pm (break at 11:30 for lunch), October 17  
 ↗ OASIS International Hospital  
 ✉ dawn.rosensteel@oasishealth.cn

### community DINNER



### Dinners Movie Night: Unwasted

Join Beijing Community Dinners on October 14 for *Unwasted*, a documentary that presents the alluring ideal of zero waste as a key element of the sustainable business model.

The film was produced in 2011 by Seattle-based, green facility maintenance firm Sage Environmental Services in partnership with PorterWorks, a sustainable solutions company.

It features interviews with industry

leaders, policymakers, activists, scientists, and business professionals from the Pacific Northwest who are leading the change toward a "less wasteful, more profitable and environmentally sustainable society."

In it, you'll also learn practical recycling tips that anyone can implement. As stated in the film, nature does not create waste. Humans (and more specifically modern man) are the only animals on Earth that create waste that nature cannot process.

⌚ 7:30 pm, October 24  
 💎 50 yuan (includes a free drink)  
 🌐 movie-night-unwasted.eventbrite.com

## CULTURE



### Mercedes-Benz China Fashion Week

### Mercedes-Benz China Fashion Week

China Fashion Week was established in 1997. It is held twice a year in Beijing to show off fall and winter collections and spring and summer collections. The event consists of fashion shows, professional contests, exhibitions, fashion forums and parties.

The week is a top-rated platform for fashion design, ready-to-wear accessories, styling and other new designs, as well as a platform for promoting brands, displaying originality and broadcasting fashion trends.

To date, more than 450 designers from 10 countries, and more than 430 fashion brands and organizations have held 959 fashion shows in China. More than 3,200 young designers and models have taken part in its 118 professional contest finals.

⌚ 11 am - 11:30 pm, multiple dates  
 🌐 english.chinafashionweek.org/hdrc\_en/



### Learn to Make Hand-Pulled Noodles and Dumplings

Learn how to prepare two very traditional Chinese dishes from a master chef in this interactive class.

The chef will demonstrate how a shapeless ball of dough can be pulled into thin "whisker" noodles in a matter

of minutes.

Also called "longevity noodles," the noodles you'll be stretching are different from the thick, elastic, Shaanxi variety and are traditionally served on birthdays, especially for the elderly.

Though our chef makes it look easy, making them is a lot harder than it looks! See for yourself why chefs train for months before being able to successfully transform a slippery mass of dough into the delicate noodles on your plate.

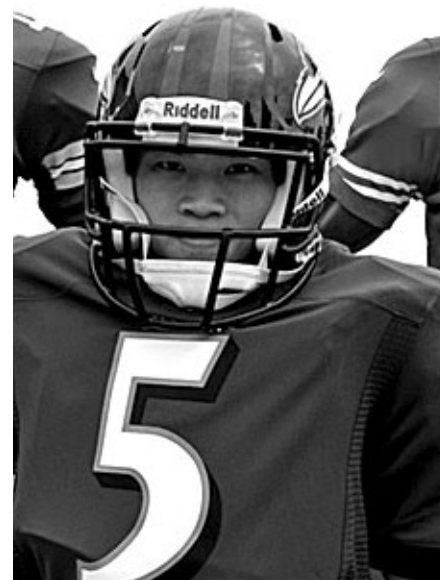
After playing with the noodles for a bit, the dough you prepared for dumplings at the beginning of class will be ready.

Our chef will show you how to prepare the dumpling skins. Then, you'll make your own vegetable and meat dumplings using two prepared fillings. Just as with noodles, it's harder than it looks! By the end of the class, you can taste your creations.

Class fee includes instruction, English interpretation, a helper and all material costs.

⌚ 4 - 6 pm, October 16  
 ↗ China Culture Center (CCC), Kent Center, 29 Anjialou, Liangmaqiao Lu, Chaoyang  
 ☎ (010) 6432 9341

## SPORTS



### NFL Home Field

Over the course of three weekends this fall (September 11-13, October 23-25 and November 6-8) the National Football League's NFL Home Field returns to Beijing.

Get to know America's favorite sport through interactive games and displays, entertainment attractions, football clinics and live games with local teams.

Admission is free. Tickets are not required, but due to limited space, participants will be asked to register at the entrance. Children under 16 must be accompanied by an adult.

⌚ 10 am - 5:30 pm, multiple dates  
 💎 The Place, 9A Guanghua Lu, Chaoyang  
 ☎ (010) 6587 1188



# FOODS



## Taste of the 'Last Pure Land'

BY WANG YAN



**A**s one of the world's most exotic travel destinations, Tibet's white snowy mountains, low-lying blue sky and the local people's devotion to their religion are an enduring inspiration.

Often referred to a sacred place, or "the last pure land," Tibet's mysterious mountains echo the isolation used to describe the region.

But Tibet is famous for more than its culture, religion and character: a cuisine that is entirely unlike anything else found within Chinese borders.

Tibet's cuisine reflects its harsh environment of imposing mountains and sprawling plateaus and contains the tones of its neighbors. It is known for its use of noodles, goat, yak, mutton, dumplings, cheese and soup.

Unlike central and southern China, where rice

is the primary staple, Tibetans rely on simpler grains, meat and dairy. Rice is only cultivated in the lowest reaches of the plateau.

Given its high altitude and extreme weather, vegetables are scarce in the region.

Tsampa is the staple food of the Tibetan people and is consumed daily. Tibetans usually mix the parched barley flour with yak butter tea in a bowl until it forms a simple paste. Tsampa is traditionally eaten by rolling it into small, edible clumps.

Vegetables and fruits were not available in Central Tibet until quite recently. It's only been with modern irrigation and greenhouse techniques that the cultivation of fruit trees has become possible on the plateau.

Meat dishes are likely to be yak, goat or mutton, often dried or cooked in a spicy stew with potatoes.



Mustard seeds are cultivated in Tibet and feature heavily into the local cuisine. Yak yoghurt, butter and cheese are also frequently eaten, and well-prepared yoghurt is considered something of a prestige item.

The creamy milk produced by yak cows is superb. The nomads in the eastern Tibet manufacture their yoghurt following a special process. The milk is boiled, and then mixed with old yogurt to start the culturing process. New yogurt forms in only a few hours.

Yogurt has been a traditional Tibetan food for more than 1,000 years. ■



CFP Photos

### MAKE YOUR OWN WITH THIS RECIPE

## Learn to Make Steamed Ox Tongue

BY WANG YAN

**D**elicacies like ox tongue may not sound appetizing to casual Western diners, but in Tibetan culture it's one of the most popular foods. You can make a basic version of the Tibetan dish with this simple recipe.



CFP Photos

#### Ingredients:

- ☐ 1 ox tongue
- ☐ sliced ginger
- ☐ sliced green pepper
- ☐ 1tbsp soy sauce
- ☐ 2 caraway seeds

#### The Steps:

1. Clean the ox tongue, and place it in a steamer for 13-15 minutes.
2. Add the soy sauce and oil to a wok, and begin heating it. Add the ginger and green pepper slices, and fry for 3 minutes.
3. Pour the mixture on top of the steamed ox tongue.
4. Plate the ox tongue and sprinkle with caraway seed for decoration.

## Qomolangma Restaurant

BY WANG YAN

**M**t. Qomolangma, known to the West as Mt. Everest, is Tibet's most famous geographic feature. It has long been held as both a mystical dreamland and the ultimate challenge for Earth's most skilled hikers.

It's also the enduring symbol of Tibet and Tibetan culture.

But for those less adventurous people who still want a taste of Tibet, Beijing offers a number of Tibetan restaurants serving the region's traditional foods.

Located on Gulou Avenue, Qomolangma Restaurant is one of city's best-known Tibetan restaurants. It is also the only restaurant afflicted with Tibet's representative office in the capital.

Diners on Dianping.com gave the restaurant an average score of 4.5 out of 5 stars. The roasted lamb steak was especially popular, with many reviewers praising its tender and moderate flavor. Portions are reportedly good for the price.

The restaurant also serves traditional tsampa, a staple foodstuff on the Tibetan plateau. Diners who didn't have any experience with Tibetan food noted that the tsampa had an unusual taste that was hard to accept but still worth trying.

The roasted yak, as one of the most famous dishes in Tibetan cuisine, also came highly recommend by reviewers on Dianping.

Qomolangma's restaurant is a good warm-up for aspiring travelers who cling to Tibet as their dream destination. ■



Photos by dianping.com

### Qomolangma Restaurant

149 Gulou Xi Dajie, Dongcheng  
(010) 6401 8822